



School of the Prophets Clubhouse Room:
Prophetic Warning Part 2

This is a compilation of suggested items to store up for provision and/or barter per the clubhouse discussion listed above. Also listed are items that should be considered outside of food.

He who has an ear to hear let him hear. It is my prayer that you all will seek God for yourselves independently for the specifics of how He would have you and your family prepare for the days to come.

I Bind the spirit of fear...
I Bind the spirit of doubt...
I Bind the spirit of complacency...

I Loose the spirit of Love (Gods Love)
I Loose the spirit of Power (the power of God)
I Loose the spirit of a Sound Mind
I Loose the spirit of Peace...

- ✓ *Make sure you have a passport for everyone in the household and/or renew your passport*
- ✓ *Seeds, wine and coffee will make great bartering items*
- ✓ *If you do not have a license get one, God will provide the resources for a car.*
- ✓ *If you have a car try to store up on gas before prices sky rocket.*
- ✓ *If you have a Home, consider buying a generator*
- ✓ *Gloves*
- ✓ *If God has told you to move Then move to whatever land He is sending you.*
- ✓ *Start a garden!*

Contact: FGCommunity1@gmail.com

Shared By, M. Williams

*Emergency Preparedness List
For Each Household*

**** Some Items will be for each individual*

Bugout Bag

Cost depends on the bag you choose (some of them come with some supplies).

\$64 - \$250

https://store.survivalist101.com/kits/bugoutbags/?gclid=Cj0KEQjwhMjKBRDjxb31jaesI4BEiQA7ivNDpIjZB7WgSliWkMwStgQmFP0TcwgrEf_Hmahtg9SmoaAsTV8P8HAQ

Canteen

May come with the bug out bag

Water tablets \$10.75

Cleans Water...comes in packs of 100 each

https://www.amazon.com/dp/B00GG19KWQ/ref=asc_df_B00GG19KWQ5050293/?tag=hyprod20&creative=395033&creativeASIN=&linkCode=df0&hvadid=167131408724&hvpos=1o4&hvnetw=g&hvrnd=5325572807403676651&hvpone=&hvptwo=&hvqmt=&hvdev=c&hvdvcmdl=&hvlocint=&hvlocphy=9022635&hvtargid=pla09325032136

Life Purification Straw

Should have a couple of these per person Also on Amazon.com.

Bug Guard

Avon Skin So Soft Big Guard Plus IR3535® SPF 30 Cool 'N Fabulous™?

Disappearing Color Lotion\$6.99

each <https://www.avon.com/product/skin-so-soft-bug-guard-plus-ir3535-spf-30-cool-n-fabulous-disappearing-color-lotion-36449>

Boonie Hat with Mosquito Netting

Keeps bugs and mosquitos off of you - \$16.00 each

Contact: FGCommunity1@gmail.com

http://www.militaryclothing.com/boonie-hat-with-mosquito-netting-woodland-khaki.aspx?id=23269-5833-WOOD7.00&gclid=Cj0KEQjwhMjKBRDjxb31jaesI4BeiQA7ivNFyIg0_tgEiLonHRsHFmr6cfOKau6nCKOrCnvi5PSQaAuJf8P8HAQ&ad=75080675429

Tyvex Suits* Optional for chemical weapons

Pocket and Hunting Knife

On your own but try Amazon.com

Rope/String

Fishing Hooks/Fishing Wire

Duct Tape

Small role it can add a lot of weight

Boots/Socks

Get a good pair of boots that come high on your leg to repel snake bites

Flip flops

Something lighter than boots in case you want to wear something else (tennis shoes may be to big for your bag and perhaps can be purchased)

Poncho

For rain

Sleeping Bags

On your own

Wool Blanket

On your own

Solar Blanket

Keeps the heat in folds really small so it doesn't take up much room Amazon.com

Tent w/ stakes

Ideally big enough for your crew but be sure it travels light! \$50.00 JCPenny has one that sleeps 8

Contact: FGCommunity1@gmail.com

Solar Lantern (KIZEN Solar Camping Lantern)

Wipes

Please! On your own

Hand Sanitizer

On your own

Rubber Gloves (Silicone or Non-Silicone)

Mase

Snake Bite Kit

Portable Toilet

Please don't ask to use mine! www.Militaryclothing.com

Compass

Binoculars

Paper Atlas of U.S. and your State

Bucket (Collapsable)

Machete

Ax and Wood Splitter

Kerosine or Non-Electric Heating Source

Water Resistant Matches

Be sure they are water resistant

Fire Starters Strikers

Starts a Fire. On your own

Toiletries'

Toothpaste, soap, toothbrush, comb, deodorant, lotion, Vaseline

Contact: FGCommunity1@gmail.com

Military Can Opener

Small Folding Shovel

Warm Clothing

For night (remember to pack as light as possible...)sweat suit maybe and jeans

- Winter cap with solar charging

Hot Clothing

Day time (remember to pack small)

Cloth Diapers (replaces toilet paper; can be sanitized with hot water)

Radio—Solar charging

Two Way Radios (at least 30 mile range)

- Amazon has Midland GXT1000X3VP4 set of 3 for \$100

Women's Reusable Sanitary Napkins

Burn Cage

Water Barrel

Solar Set-up (Invertor, Exvertor and panels)

Seeds

Molar Bags (for storing rice)

Generator

Gas Mask *

Optional item

1st Aid Kit

Include Aspirin/Advil/ 4 Tylenols

Turkey/Beef Jerky

Salt/Pepper

Contact: FGCommunity1@gmail.com

In case we have to hunt and cook outside

Protein Nutrition Bars

High energy bars

Scissors

Medicines – Prescription and over the counter

Firearm and Ammunition

Board/Card Games

Basic Food List

****Minimum of 6 months*

Rice

Beans (Garbonzo can be used as a replacement for eggs)

Flour

Sugar

Spices (Organic if possible for medicine)

White Vinegar

Vegetable Oil

Olive Oil

Apple Sauce

Peanut Butter

Jelly

Honey

Baking Soda

Baking Powder

Wine (Red is best)

Coffee

Treats for Children (Crystal Light; Kool-Aid)

**Egg Substitute for Baking

· Vinegar & baking soda. Replace 1 egg with: 1 teaspoon baking soda, 1
tablespoon

vinegar. ...

· Unsweetened applesauce. Replace 1 egg with: 1/4 cup applesauce. ...

- Plain or vanilla soy yogurt. Replace 1 egg with: 1/4 cup yogurt. ...

Contact: FGCommunity1@gmail.com

- Silken tofu. ...
- Ripe banana. ...
- Ground flaxseed.

Milk Substitute

· Evaporated Milk. Evaporated milk is exactly what it sounds like: milk with some

of the water content evaporated. ...

- Sweetened Condensed Milk. ...
- Plain Yogurt. ...
- Sour Cream. ...
- Powdered Milk. ...
- Almond Milk. ...
- Rice Milk.

Contact: FGCommunity1@gmail.com

Shared By, R. Pittman

Emergency Prep Items

- Water, water, water is essential
- Water purifiers & tablets
- Salt - (preservative)
- Iodine
- Diesel
- Solar batteries
- Morphine
- Antibiotics
- Sulfur
- Buy gold - in small denominations - Gold must include a serial number and a place of origin. store them in multiple places and not large gold bars. Look at www.jmbullion.com or www.apmex.com or Golden Eagle. Look for Spot - gold or jewelry casting places. They will let you know about what it's trading for on the market. Gold & Silver coins are good. Don't buy over 5 ounces. Find jewelers in the area that make jewelry or gold teeth (find out where they buy). Gold is gold. Date doesn't matter, but silver should be purchased if the date is before the date of 1984. Call Candace about MD hookup
- Camouflage Netting
- Blaux - run 1 or 2 off of solar panels to be able to cool a room based off of water
- 325 Water Gallon Tank - keep out of sunlight
- Water tank - blue ones
- Generator - Honda 3000
- Solar Panels
- Many tents - hold 10-20 ppl
- Hitches - put one on your vehicle - buy 4 ball like 2 1/2 inch; go with the four (4) - you can get them at Uhaul and Auto Zone
- Camp grass covering
- No silver or nickel if there is a nuclear fallout

Blog Name: www.thesoporcitizens.com

Contact: FGCommunity1@gmail.com

Basic Food Staples

Sugar
Flour
Tea
Coffee
Oil
Salt
Oats
Rice -200
Canned vegetables
Canned fruits
Canned meat
Medicine (dollar store)
Vitamin C
Vitamin D3
Motrin
Ibuprofen
Benadryl
Multivitamin
Thermometer
Mucus Relief DM
Antidiarrheal
Emergen-C
Tang
Gatorade
Powdered milk

Trade & Barter Items

- Gold & Silver
- Water Filters/Life Straws
- Ammunition
- Alcohol
- Cigarettes
- Coffee & Tea
- Food & MREs
- Fuel
- Clothing
- Medical kits/Band-aids

Contact: FGCommunity1@gmail.com

- Medicines/Pain meds
- Portable Solar Panels

- Toilet Paper
- Batteries
- Flashlights
- AM/FM Radios
- Walkie Talkies
- Chocolate & Sweets
- Fire Starters
- Water Containers

Protective Items

- Masks - N95 or Doctor or Dentist 3 layers. Mask should be used by the sick people AND don't keep the mask moist and don't reuse it since it will hold mold.
- Gloves -surgical
- Two piece rain gear
- Tape - to tape open area between gloves and sleeves and pants near ankles
- Baby pool - use with disinfectant bleach solution
- Tarps
- Disinfectant Wipes
- Goggles

www.MRENation.com. Code:FSS10

www.Patreon.com

www.readymaderesources.com

https://c10.patreonusercontent.com/3/eyJhIjoxLCJwIjoxfQ%3D%3D/patreon/media/p/post/33535484/28d6bbfc10aa43ffa6b75d3c72f72f41/1?token=1580515200&token-hash=PkstwSU_-mUvmym98vi5LpAdFXt6ODmLC0gRIpDSLlk%3D

Contact: FGCommunity1@gmail.com

Dollar Store

Alcohol - 70% or more

Hydrogen Peroxide

Hand Sanitizer
Bleach
Vinegar
Paper Towel
Napkins
Toilet Paper
Honey
Meds
Solar
Vick's vapor rub

Things to strengthen immune system

- Ester-C 1000 mg
- Vitamin C - high dosage
- Garlic
- Citrus Seed Extract
- Turmeric/Black Pepper
- Vitamin D3
- Copper
- Exercise - chi kung
- Colloidal Silver
- Iodine/Seaweed
- Iodine 12.5 mg daily
- Apple Cider Vinegar/Baking Soda
- Rebounder exercise -swing arms back and forth/up and down to help lymphatic system
- Tip - take together vitamins D3 and K2, iodine and magnesium, vitamin C, black seed oil (www.healthmasters.com)

Miscellaneous

- Lighting - candles, batteries, flashlight, light sticks, solar
- Fire - matches, lighters, fire pit
- Can openers
- Plastic sheeting, tarps

Contact: FGCommunity1@gmail.com

Top 15 Items to Store (Survival Food)

- Rolled Oats - add honey, milk
- Honey

- Alcohol - vodka, southern comfort (use for alcohol stoves, antiseptic, barter item, de stressor)
- Apple Cider Vinegar - anti fungal, lowers blood pressure, repels fleas and ticks
- Nonfat Dry Milk - use to make butter
- Goat Milk
- Canned Meat - Spam, Canned Chicken, Tuna, Salmon, Yellow Fin Tuna • Protein Powder
- Water
- Water Filtration-ZeroWater, Jerry cans you filter water
- Water Storage
- Beans (add pasta)
- Rice
- Pasta
- Mashed Potato Flakes
- Herbs and Spices (old bay, taco seasoning, turmeric, adobe, garlic powder, Himalayan sea salt, Italian seasoning, salt/pepper)
- Supplements (vitamin D3, potassium, adult multivitamin, calcium, magnesium, ashwagandine root powder)
- Avocado Oil - add to rice and beans
- Ghee - clarified butter
- Coffee
- Beef Jerky (Tillmook)

Contact: FGCommunity1@gmail.com